

## Child Care Health Consultation Health Promotion Lesson Plan

**Contractor (LPHA) Name:** Cape Girardeau County Public Health Center

**Date Submitted:** July 24, 2012

| Health and Safety Standards  | Training Levels   |
|--|---|
| <input type="checkbox"/> Promoting Risk Management Practices<br><input checked="" type="checkbox"/> Protecting Children and Youth<br><input type="checkbox"/> Promoting Physical Health<br><input type="checkbox"/> Promoting Mental Health<br><input type="checkbox"/> Promoting Healthy Eating | <div style="display: flex; justify-content: space-around; align-items: center;"> <input checked="" type="checkbox"/> 1                     <input type="checkbox"/> 2                     <input type="checkbox"/> 3                     <input type="checkbox"/> 4                     <input type="checkbox"/> 5                 </div> <p><b>Source:</b> Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011</p> |

**Title:** Hand Washing

**Learning Objective(s): Participants will**

- Be able to see how hard it is to get the glow germs off their hands
- See the importance of washing their hands carefully and thoroughly each time
- Have a better understanding of how germs get on their hands and how they can get sick from germs

| Topical Outline of Content<br>(Not to exceed 30 minutes for Health Promotions)  | Resources Used                                    |
|---|---|
| <ol style="list-style-type: none"> <li>1. Ask children various questions regarding hand-washing (e.g. when should we wash our hands, and what happens when we don't wash our hands).</li> <li>2. Put glow germ lotion on children's hands and allow viewing hands under black light.</li> <li>3. Demonstrate how to wash hands effectively and how long to rub hands together.</li> <li>4. Have children color coloring pages of child washing hands while repeating previous questions, and ask follow-up questions regarding the importance of hand-washing.</li> </ol> | <p>Glow germ lotion, black light, color pages</p> |

**Method(s) of Outcome Evaluation:** Children will demonstrate understanding by verbalizing the importance of washing their hands and will be able to name times when it is appropriate to wash their hands.

Children's Health Promotions are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for children's health promotions should use this template and submit to the CCHC Program Manager for approval. Health Promotion Lesson Plans already approved by the CCHC Program Manager are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.